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Sealed with a chocolate rose

Bachelor Victor Lam will choose between Miranda Hanus, left, and Adele Skinner on the finale episode of Lamb of Love airing tonight. PHOTOS: ADRIAN DEAN/CONTRIBUTED; ILLUSTRATION: DAVID VAN DYKE/METRO

Lamb of Love all grown up. Bachelor reality show wraps with Valentine's Day finale

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

After five weeks of watching Regina bachelor Victor Lam reject and get rejected, he is finally choosing his winning girl.

The finale of the tongue-in-cheek bachelor show Lamb of Love airs on Valentine's Day with a final chocolate rose ceremony, a heart-shaped pendant and one woman left standing.

Lam will take bachelorette Adele Skinner to a Pats hockey game and Miranda Hanus on a solo skate at the Brandt Centre for final dates before the last elimination ceremony.

Victor Lam CONTRIBUTED

"I think they are both good choices for Victor, but it's the age-old question of who is better for you," said Lamb of Love producer and director Lowell Dean.

Over the past five episodes, Lam picked his top six bachelorettes, went on group and one-on-one dates, underwent a makeover and whittled the group of women down to the final two bachelorettes.

"(The final two) were getting pretty intense over Victor, you know. Put a camera on people, give them a month together and things get real," said Dean.

In true bachelor fashion, the show features catfights, hot tubs, a "bachelorettes tell all" episode and, of course, some awkward romance.

Dean says he knew Victor would be "good reality TV" but was not expecting how much chemistry was on the show.

"Before I even turned on the camera, I looked over and they were kissing. I had to be like, 'What are you doing, wait until I am rolling,'" said Dean.

Saving the best for last

The Lamb of Love finale airs tonight at 10:30 p.m. on Access7.

Union lukewarm to wastewater plant proposal

The city moves closer to a P3 deal to upgrade the wastewater treatment plant, but not everyone is happy PAGE 3

Dancing with Ellen

Hélène Campbell had her first Skype chat with Ellen DeGeneres a year ago. Now the organ-donor advocate is set to meet the talk-show host in person PAGE 4

Sweet on chocolate?

Then you'll love these recipes for brownies, bark and cake PAGE 13

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Phone home

Cellphones, tablets spur creation of new area codes

Canadians in several provinces will soon see unfamiliar numbers on their call display as the country introduces a handful of new area codes to meet growing demand.

The Toronto area and Ontario's Golden Horseshoe will each get a new area code next month — 437 and 365, respectively. The agency that oversees the country's phone numbers says Saskatchewan will be next in May, followed by British Columbia, Alberta and other parts of southwestern Ontario.

The Canadian Numbering Administrator says Manitoba already gained a new prefix last November when it made the switch to 10-digit dialling.

The agency's director, Glenn Pilley, says the new codes are needed to accommodate the surge in cellphones and tablets, many of which take up more than one phone number. He says the country's area codes have more than tripled since they were first established in 1947, noting next month's additions will push the total to 29.

THE CANADIAN PRESS

Costly commute

Harper defends Sen. Wallin's travel expenses

The prime minister is defending yet another senator who has come under scrutiny for her expense claims.

Stephen Harper says he's reviewed Conservative Sen. Pamela Wallin's travel bills and they appear to be in line.

Records show that the amount Wallin bills specifically to travel to Saskatchewan from Ottawa pales in comparison to what she cites as "other" travel.

Wallin, whose expenses and housing records have raised questions about whether she actually lives in Saskatchewan, says she spent 168 days there last year.

THE CANADIAN PRESS

New wastewater treatment plant going to council vote

Federal funds. City pushing for P3 deal; operation of plant will go to private company

JEFF MACKEY
jeff.mackey@metronews.ca

The City of Regina is one step closer to a new wastewater treatment plant.

Wednesday's executive committee approved the procurement approach for the major project that will see a $224.3 million upgrade of the city's wastewater treatment plant.

"This is about a very fundamental issue for our community — wastewater treatment is fundamental," said Regina Mayor Michael Fougere.

Upgrades are needed to meet new provincial and federal regulations and support Regina's growing population.

Through a P3 agreement the city will take up to $118.3 million in debt through private partners. Additionally, up to $58.7 million will be funded by the federal government through the P3 Canada fund.

A private company will sign a contract to put forward the money for construction and operation of the facility for 30 years, while the city would maintain ownership of the facility.

"The only way we receive any financial assistance from the federal government is from P3 Canada," said Fougere on why the private sector needed to be involved in the deal.

"We are trying to do more with less and that is why we have a partnership."

Mixed opinions

The need for debate

Not everyone in attendance was in support of the deal.

"I certainly think that public services such as water are very important and they need to be delivered publicly," said Tim Anderson, president of the Regina Outside City Workers, CUPE Local 21.

"We believe the council has an obligation certainly to debate, have a large debate, on this issue if we are going to sign an agreement for 30 years."

Council will vote on the procurement approach on Feb. 25, construction on the project is expected to begin in 2014 and finish in 2016.

Mayor Michael Fougere addresses media about a deal for a new wastewater treatment plant on Wednesday.

JEFF MACKEY/METRO

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Ellen, meet Hélène: Donor advocate is California bound

Dance date. Nearly a year after a double lung transplant, Ottawa woman finally set to meet popular talk show host

JOE LOFARO
Metro in Ottawa

Hélène Campbell is surprised by talk show host Ellen DeGeneres during a Skype interview last February. She is scheduled to appear on the show in person next week. METRO/SCREENSHOT/YOUTUBE

Hélène Campbell will be flying to California this week to appear as a guest on the Ellen DeGeneres Show next Tuesday.

The 21-year-old Ottawa resident, who spearheaded a global organ donation awareness campaign on Twitter last year, has her plane tickets ready and is excited to finally dance with DeGeneres.

Campbell received a double lung transplant last April in Toronto after being diagnosed with idiopathic pulmonary fibrosis.

While on the waiting list, she vowed to dance with DeGeneres in person after she appeared on the show via Skype last February.

She will sit next to DeGeneres on stage at a taping on Monday — exactly one year and two days after DeGeneres's first Skype chat with Campbell.

"No idea," said Campbell Wednesday morning when asked what she has planned for her much-anticipated appearance.

"Hopefully dancing."

"Ellen has been someone that I've always really loved, and looked up to, and find really inspirational," she added. "It's a platform definitely to raise awareness for such a good cause and she helped out with that."

Campbell's interview with DeGeneres will be aired Tuesday.

IOR

New Vatican bank head to be named

The Vatican says a new president of its embattled bank is expected to be announced within days.

The Institute for Religious Works, or IOR, has been without a leader since May, when its board ousted Italian banker Ettore Gotti Tedeschi for incompetence. It was a stunning move that came just as the Vatican was submitting its finances to a review by a Council of Europe committee in a bid to join the list of financially transparent countries.

Vatican spokesman Rev. Federico Lombardi said a new president would likely be named within the week.

THE ASSOCIATED PRESS

Agriculture

Government funds beet study

The federal government is spending $600,000 to help the sugar beet industry find new uses for the sweet tuber.

The money goes to the Alberta Sugar Beet Growers to study if beets can be used as a renewable alternative to petrochemicals.

THE CANADIAN PRESS

To gamble is not divine, says lottery commission

All bets are off in Quebec as to whether a local becomes the next pope.

The provincial lottery commission says it will not follow the lead of some foreign gambling houses that allow people to place bets on who might inherit St. Peter's throne.

The organization isn't swayed by the fact that a fellow Quebecer, Cardinal Marc Ouellet, just so happens to be the favourite or among the top picks, according to bookmakers.

While Loto-Quebec recently branched out beyond sports gambling by introducing betting on the upcoming Oscars, a spokesman said Wednesday it has no plans to get into religion.

"Loto-Quebec has no intention to offer betting on the identity of the next pope," said spokesman Jean-Pierre Roy. "I don't think that's what people would expect from a government organization."

Roy said sports gambling has been a fixture since the early 1990s. In recent weeks, the corporation has been testing the waters on betting on the Oscars and Roy says it will only know after the Feb. 24 ceremony whether it was a hit. The Atlantic Lottery Corp. was the first to announce it would offer Oscar betting this year.

Odds are good that Quebec Cardinal Marc Ouellet might be the next pope. THE CANADIAN PRESS FILE

"But betting on a religious event, we're not sure that would be the best way to go," Roy said.

Since Pope Benedict XVI's surprise announcement on Monday that he will step down on Feb. 28, Quebecers have weighed in on whether Ouellet could be next in line.

Ouellet, the 68-year-old native of La Motte, Que., was named a cardinal in 2003. In 2010 he was made head of the powerful Congregation for Bishops, which vets bishops nominations worldwide.

"The fact that a Quebec cardinal is in the running of course increases the (interest) and people may be asking whether we'll offer it (betting) or not," Roy said. "But we've done our thinking here and we have no intention of offering betting on such an event."

Some foreign bookmakers have jumped into the fray, however, with Irish-based Paddy Power installing him as favourite at 7-2.

A spokesman for that oddsmaker says Ouellet has been popular in the last few days among its customers, who are based in the United Kingdom and Ireland.

"He's doing quite well, he's been well-backed and he's been our favourite for the last 36 hours," said Felim Mac An Iomaire. "He's very fancied at the minute.'"

In the end, it will be the cardinals who will elect the next pope during the conclave in the Sistine Chapel. It is expected to begin in mid-March. THE ASSOCIATED PRESS

Capping a reign

Vatican Secretary of State Cardinal Tarcisio Bertone takes off his skull cap after delivering a speech to Pope Benedict XVI at the end of the Ash Wednesday mass in St. Peter's Basilica.

GREGORIO BORGIA/THE ASSOCIATED PRESS

Climate change

Follow Obama, Canada told

President Barack Obama's State of the Union message to act swiftly on climate change is a challenge to Ottawa as well, says the U.S. ambassador to Canada.

Obama used Tuesday's speech to present Congress with a choice: Either agree to market-based solutions to climate change, or else the president will use his executive powers to achieve the same result.

Ambassador David Jacobson said the message was meant as much for Canada as it was for the United States.

THE CANADIAN PRESS

Driver's claim

Officer accused of sex toy threat

A police officer seen on video allegedly threatening to sexually assault a tow-truck driver with two pink sex toys should be fired, the man says.

Jagdis (Mike) Tirbany said he was distressed that criminal charges against the officer had been dropped.

Tirbany, a married father of three, alleged he was threatened with being sodomized.

Tirbany, 46, of Toronto, said the incident occurred inside a Ontario Provincial Police detachment where he had gone last March for fingerprinting in light of an assault charge he was facing.

THE CANADIAN PRESS

Billboard study

Can these words cause a crash?

A University of Alberta researcher wants to put the brakes on billboards with negative words.

Michelle Chan put fellow students into a driving simulator and tested their skills behind the wheel.

The test asked subjects to drive down a computer-generated road as ads appeared with negative, positive and neutral words.

Words such as cancer, war and abuse caused most of the drivers to veer outside their lane. Some drivers crashed into trees, other vehicles and pedestrians.

"Billboards are already distracting enough," said Chan. "But then when you add the negative emotional content, it … can be detrimental to driving."

THE CANADIAN PRESS

Just too much? New blog exposes troubling tweets

Female premiers face war of words. 'I think this kind of behaviour needs to be shamed,' says owner who hates hateful speech

All part of the job? Premiers Kathleen Wynne, left, Alison Redford, Christy Clark and Pauline Marois face snide comments every day. METRO FILE

LUKE SIMCOE
Metro Online

Ontario Premier Kathleen Wynne is "a lesbian tree hugger."

Quebec Premier Pauline Marois, "a dumb b—."

And depending on who you ask, B.C.'s Christy Clark needs to either button up her shirt or simply take it off.

These are the kinds of tweets, Facebook posts and comments you'll find collected at Madam Premier, a new blog dedicated to exposing the vitriol hurled at Canada's female first ministers.

"Their jobs are hard enough without having to be criticized on the basis of their gender," says the blog's owner, Diamond Isinger.

"If I wasn't already involved, this certainly wouldn't encourage me to enter into public life or electoral politics."

A resident of Vancouver, Isinger started the blog Tuesday night. By Wednesday afternoon, nearly 3,000 people had visited.

The blog is part of a new "naming and shaming" tactic, where activists point fingers at those posting hateful speech online.

Last year, a Toronto feminist made headlines for identifying the man behind a violent and misogynistic video game. Shortly after, a Calgary man was fired from his job for mocking Amanda Todd on Facebook.

"Sunlight is the best disinfectant," Isinger said. "I think this kind of behaviour needs to be shamed."

A surprising number of comments — most of which are profane or sexual — appear to be posted under people's real names.

"It signals that we have a culture that's comfortable with this kind of thing. People feel they can say this stuff without repercussion," said Isinger.

York University's Dr. Jennifer Jenson says that by aggregating misogynistic comments, blogs like Madam Premier show that sexism is still a systemic problem.

"It's about compiling it so that it doesn't seem like it's just one guy doing this," she said. "When you see it this way, it's a literal documentation of the different kinds of people who feel compelled to say derogatory things about women in power."

Jenson says online comments made about female politicians often differ from those directed at men.

She says: "We never say 'Did you see the bulge in the Premier's pants?'"

MORE AT METRONEWS.CA

Foreign Affairs Minister John Baird, pictured in the Commons Wednesday, says Canada will remain a zombie-free zone. ADRIAN WYLD/THE CANADIAN PRESS

Tories at war … with zombies

Will zombies ever take over Parliament Hill?

Never! Foreign Affairs Minister John Baird is on the case.

Baird assured the House of Commons that Canada remains a zombie-free zone.

The odd exchange came Wednesday near the end of the daily question period.

Winnipeg New Democrat Pat Martin raised the matter of a Quebec government disaster-planning exercise that used a mock zombie invasion as its premise.

B-movie templates of an invasion of the "living dead" have also been used for emergency preparedness drills in the United States.

"I don't need to tell you, Mr. Speaker, that zombies don't recognize borders," Martin warned the House, tongue firmly in cheek.

Is Baird, asked the NDP MP, working with his American partners "to develop an international zombie strategy so that a zombie invasion does not turn into a zombie apocalypse?"

Baird rose to the occasion, telling the House that he was "dead-icated" to the matter.

"Under the leadership of this prime minister, Canada will never become a safe haven for zombies, ever," said Baird.

THE CANADIAN PRESS

Wastewater Treatment Plant project update:

COUNCIL IS REVIEWING OPTIONS FOR UPGRADING REGINA'S WASTEWATER TREATMENT PLANT

Regina's Wastewater Treatment Plant plays a major role in protecting the health of residents, the environment and our downstream neighbours. Our aging plant requires significant upgrades in order to meet the needs of our growing population and new provincial standards.

City Administration has presented its strategies for upgrading the plant, and your City Council is currently reviewing them. To learn more about the proposed plans and the next steps for this infrastructure project, visit **Regina.ca**

Regina.ca

City of Regina | REGINA Infinite Horizons

Apple

MacBook Pro cheaper, faster

Apple says it has lowered the price of its 13-inch MacBook Pro laptops by $200 and updated its processors. It also launched new models with faster processors and more memory.

Apple Inc. said Wednesday that the MacBook Pro with "Retina" display and 128 gigabytes of flash memory will now cost $1,499, down from $1,699. A new model with 256 gigabytes of flash will cost $1,699.

THE ASSOCIATED PRESS

Brazilian patent office

Local company has rights to 'iPhone'

Brazil's patent authority has taken a bite out of Apple with an announcement Wednesday that the iPhone name in Brazil belongs to a local company called Gradiente SA, not to the global computer giant. The verdict doesn't forbid Apple from using the name in Brazil.

Gradiente had filed its request to use the iPhone brand in 2000.

THE ASSOCIATED PRESS

Frozen lasagna

Horsemeat reaches Germany

The European horsemeat scandal has spread to Germany. A spokeswoman for the country's agriculture and consumer protection ministry says officials were notified Tuesday that a shipment of frozen lasagna containing horsemeat was delivered to at least one trader in western Germany.

Millions of burgers and frozen meals have been recalled across Europe since the discovery of mislabelled horsemeat last month.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 99.82¢ (+0.09¢)

TSX 12,775.28 (-13.74)

OIL $97.01 US (-$0.50)

GOLD $1,645.10 (-$4.50)

Natural gas: $3.31 (+8¢))
Dow Jones: 13,982.91 (-35.79)

New Canadian cell challenger on scene

Halifax. Eastlink first to offer 4G LTE network

A Halifax communications company is now competing with some of Canada's wireless giants.

Eastlink, owned by Bragg Communications Inc., is now offering cellphones to Nova Scotia and Prince Edward Island on a no-term contract basis.

Eastlink wireless president Matthew MacLellan said the new service would include Canada's first and only 4G LTE network.

"You've got competitors of ours based out of Montreal, Toronto and Vancouver," MacLellan told the crowd at the Eastlink store in downtown Halifax on Wednesday. "We think we can do it from Halifax and we think we can do it just as well and better.

"Why should you have to go to your cottage and have to stand up on the roof to try and get cell signal?"

Existing Eastlink customers can opt to bundle a cellphone with their Internet, television or home phone to save 10 to 20 per cent.

"We really tried to listen to everything that customers said that they liked about cellphones and cellphone companies and the things they didn't like," said MacLellan.

ALY THOMSON/FOR METRO IN HALIFAX

Eastlink's wireless president Matthew MacLellan shows off his smartphone prior to a launch party on Wednesday. JEFF HARPER/METRO IN HALIFAX

Card payments. Retailers misled: Watchdog

A federal consumer watchdog says some credit and debit card payment companies are breaking rules it created to protect retailers, which in turn could be costing Canadians more money.

The Financial Consumer Agency of Canada issued a warning to the industry on Wednesday that it will not tolerate payment companies who mislead merchants into paying hidden fees or lock them into confusing contracts.

The concerns stem from a code of conduct introduced by the federal government nearly three years ago designed to encourage further clarity in the contracts signed between retailers and credit and debit card companies.

But the agency said it found some payment companies, who it did not name, have been misrepresenting the terms of contracts with merchants by advertising and promising rates that they were unable to honour.

THE CANADIAN PRESS

A WRITTEN HISTORY OF ST. VALENTINE

HE SAYS...
John Mazerolle
metronews.ca

One little known fact about me (along with every other fact) is that I am a Valentine's Day history buff. This is why so many women I've spent Valentine's Day with have told me, "You're history." Their words, not mine.

It's a fascinating topic.

By looking back at the origins of Valentine's Day we can see how it overcame its humble beginnings as a 14th-century Coca-Cola promotion to become the genuine and understated holiday we know and love today, giving birth to some of the great poetry and art of our time.

The history of Valentine's Day: From mass decapitation to mass duplication:

Ralph Wiggum syndrome

With its perfect pre-Hollywood combo of romance and violence, Valentine's Day became increasingly popular. The biggest breakthrough came in 1584 when journeyman poet William Shakespeare wrote "Bee my Valentine" next to a picture of a bee.

Our story begins in **the 300s**, when mid-February was called **Lupercalia**, which was a celebration of **Juno**, the goddess of Canadian music awards. The festivities were boisterous but primitive, with people forced to express their love through **cards** they had to construct from scratch and **poetry** they had to write for themselves. It's hard to imagine the hardship.

This was before the invention of either **scissors or Shakespeare**, which meant the results were often little more than pieces of wood with **dirty drawings** on them, leading to many extinguished loves and several brutal wars. All was fair in both cases, and nobody ever had to say they were sorry.

The dismal state of **affairs** (most of the cards ended with the clunky "Be My Lupercalia") eventually changed with the birth of three different men named **Valentine**, a glorified soul considered so important to God that He built in **double-redundancy**. The three saints Valentine were very different people, but they all shared one romantic trait: They were all **brutally executed**.

This, of course, dovetails nicely with our perception of **modern love**. Since their beheadings, the most **perfect loves** in fiction have always ended in **death** (Romeo and Juliet, Rose and Jack, Teen Angel and Narrator) leaving many husbands and wives to wish **their romances** could end so perfectly.

A number of legends have grown around the executions of St. Valentine(s), **not all of them true**, but it's clear their deaths gave rise to several famous **romance-related phrases**.

For instance, it's well documented that the **Grand Executioner** began each decapitation with the solemn proclamation: "It's not you, it's me."

Also, each saint's head tended to fall on his **twitching feet**, leading to the well-known phrase, "head over heels." ("To wear your heart on your sleeve" also came about then, but it's best not to get into details.)

With its perfect pre-Hollywood combo of **romance and violence**, Valentine's Day became increasingly popular. The biggest breakthrough came in 1584 when journeyman poet **William Shakespeare** wrote "Bee my Valentine" next to a picture of a bee. This brilliant bit of wordplay took off on Reddit, leading to fame and fortune for Shakespeare, despite claims of copyright infringement by user **Francis_Bacon**.

Combined with the invention of the **Gutenberg Laserjet Printer**, spreading love around the world was soon as simple as plunking down $8.95. By 2012, for the first time ever the **illness that is love** could spread worldwide just as quickly as **love-related illnesses**.

The **poets of the past** would be uncharacteristically speechless if they could see how easy sharing the perfect words has become. Though I think if Shakespeare were here today, he'd probably say, "What a time to **bee** alive. Or if not alive, to buzz off."

I'd **love** to see him top that.

... and they call it guppy love

CLELIA GASPARINI/THE ASSOCIATED PRESS

Advice from a guppy

Choose an ugly wingman to make yourself shine

When it comes to mating, guppies treasure their ugly friends — because they look so good by comparison.

An article published Wednesday by Britain's Royal Society says that male guppies prefer to associate with their drab-coloured counterparts when females are around.

"Males actively choose the social context that maximizes their relative attractiveness," the article said. Or, as lead author Clelia Gasparini put it: "If you are surrounded by ugly friends, you look better."

THE ASSOCIATED PRESS

The dating game

- **Mating rituals.** An aquarium was set up with one female in partition on either end. Guppy bachelorette No. 1 had two attractive, brightly coloured males placed on either side of her. Guppy bachelorette No. 2 was stuck with uglier, drab-coloured fish.
- **The ugly guppy.** When a male guppy was put in the middle of the tank, and given the choice of which female to approach, bachelorette No. 2 was the more popular pick, with male guppies spending about 62 per cent of their time hanging around her side of the aquarium.

Plenty of fish

Ugly guppy plays matchmaker

The researchers also found that the time guppies spent with the guppy that was surrounded by ugly fish correlated with their unattractiveness. The uglier the guppy, the less likely it was that he would hang around the brightly coloured fish placed next to bachelorette No. 1.

Because it could be argued that guppies avoided their brightly coloured pals because attractive fish were more aggressive, or because predators were more likely to spot them, the experiment was repeated. Researchers ran it without any females, and again with the lights in the male enclosures turned down so that the test guppies couldn't see them.

THE ASSOCIATED PRESS

Only human

"As a researcher I cannot compare human mating systems with the guppies' one. But if you ask me as a person, sure ... I saw this tactic working pretty well with humans ... If you want to impress someone, do you think you will look more attractive in comparison with Mr. Bean or George Clooney?"

Clelia Gasparini, lead author of article published by Britain's Royal Society

Metropolitan Panel

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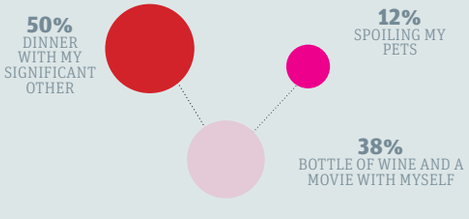
How will you be spending Valentine's Day?



Twitter

@zaleschukm:
I dunno about you guys but screw valentines, I'm holding out for Steak and a Booster Juice day! #mmmsteak

@Ted_Yanko:
When buying lingerie for your special someone for Valentines avoid shopping at stores that also offer a snack aisle & a variety of motor oil

@KeithDAndrade:
I asked my lady what she'd like for Valentine's Day. She said "Nothing". I think I'll make her a mix-tape and ask her to be my "Steady"

@Elle_Aye:
Never was big on Valentine's. Although, I'll never forget the time 3 flower deliveries + a Barbershop Quartet were sent to me at my office.

@binalalaa:
I'd take advantage of cheap valentines candy if I already have actual groceries, but I don't. #priorities

metro

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Illustration: Thomas Pitilli

YOU COULD WIN A CONCERT DATE WITH BIEBER!

THIS VALENTINE'S DAY – METRO "BELIEBES" IN LOVE!

Metro is inviting one lucky winner to a VIP experience at a Justin Bieber concert. You could win airfare, hotel and concert tickets for two with backstage passes to meet Bieber himself on one of his European Tour stops. All you have to do is:

1. Take a photo of yourself with this ad in a place you'd take Justin on a date
2. Upload your photos by visiting www.clubmetro.com/beliebe
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No purchase necessary. Contest open to residents of Canada and certain other countries worldwide who are thirteen (13) years of age or older. Odds of winning depend on the number and caliber of eligible entries received. One (1) Grand Prize is available to be won, consisting of a trip to see Justin Bieber perform and meet Justin Bieber (approximate retail value of $5,000 CAD). Skill testing question required. Contest closes February 28, 2013 at 12:00AM CET. To enter and for complete contest rules visit www.facebook.com/metroint. Contest sponsors are Metro International S.A. together with its local Metro subsidiaries around the globe. The contest is in no way sponsored by Free Daily News Group Inc. or Pizza Pizza Limited. Neither Free Daily News Group Inc., nor Pizza Pizza Limited is responsible for this contest or its prize(s).

One lucky reader will meet Justin Bieber backstage at a future show through Metro's Valentine's Day contest. CONTRIBUTED

Beliebe in love!

Justin Bieber. Enter our Valentine's Day contest for a chance to meet the superstar

MICHAEL FREIDSON
Metro World News

Metro's Justin Bieber contest gives you the once in a lifetime opportunity to meet him backstage at a future show. Alas, we were not so lucky, but the superstar did answer some questions about his new album, Believe Acoustic, via email, shortly before heading out on his European tour.

On Believe Acoustic, you sound more raw and more available than on previous big-production tracks. How do you make that intimacy sound authentic, even though you're ...

Justin Bieber?
It sounds authentic because it is. Acoustic performances, whether busking in my hometown or on YouTube, are how I got started. Songs and performances like that really give me the chance to connect with my fans. That connection is why I perform an acoustic set as part of my Believe Tour every night.

Does this bring us closer to the "real" Justin?
I think everything I put out is a representation of the real me. But this album (Believe Acoustic) definitely allows the public to see a different side of me than Believe. The sound of this album is a lot rawer and more exposed.

I ask because previous stars your age — Timberlake, Britney — usually start to define their sound for an older audience around this time. Where are you going?

Quoted

"I'm just growing up and my sound is maturing with me. I just write about what is going on in my life."
Justin Bieber, on his new album Believe Acoustic

I'm just growing up and my sound is maturing with me. I don't spend a lot of time planning where my music will go next. I just write about what is going on in my life and how I am feeling and it's causing the music to grow with me in a very organic way.

Lots of guys in dorm rooms everywhere play acoustic guitars to pick up girls and fail, because they look cheesy. What tips do you have for them?
Be confident.

What are you doing this Valentine's Day?
I've got a small break before my U.K. tour dates start so I'm still figuring it out.

What's the wildest offer you've had from a fan?
I get a lot of marriage proposals.

We have to ask about Nothing Like Us, a song about your break up with Selena Gomez — you told Billboard you're not in the happiest place and have friends to get you through. What have you learned about relationships?
I have learned a lot about who I am and who I want to be.

And?
I've also learned how to be there for someone else.

Bieber's V-Day Playlist

Justin creates his ultimate romantic mixed tape — fire up the iTunes and turn down the lights!

- **I'll Make Love To You.** Boyz II Men
- **As Long As You Love Me.** Justin Bieber
- **You Are Not Alone.** Michael Jackson
- **7 Days.** Craig David
- **Back at One.** Brian McKnight
- **Climax.** Usher
- **Because of You.** Ne-Yo
- **Let's Get it On.** Marvin Gaye
- **Best I Ever Had.** Drake
- **Broken Road.** Rascall Flatts

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The ongoing history of the Juno Awards

Alan Cross is boss.
Music journalist talks about the show going national and why we need to recognize our home-grown talent

BACKSTAGE PASS
JEFF MACKEY
jeff.mackey@metronews.ca

Alan Cross is involved in selecting this year's Juno nominees. HANDOUT

Alan Cross has been on Canadian radios since the '80s and his musical knowledge is legend. The self-proclaimed 'professional music geek' has been hosting shows like the Ongoing History of New Music since 1993, making him a real staple in the Canadian music scene.

In other words if you wanted to talk to somebody about Regina's Juno celebrations, taking place on April 15-21, you could do much worse.

"You'll get a whole lot of people from all across the country to go to your bars, stay out late, fold out onto the streets and celebrate," said Cross.

"This will be the first time a lot of people in the industry have been to Regina, and that is a good thing (for the city)," he continued.

The tradition of the Junos travelling around Canada each year may seem commonplace now, but it has not always been this way. In fact until 2002 they barely travelled at all.

"For the longest time the Junos were sort of out of touch with the rest of the country because they were always held in either Toronto or Hamilton," said Cross. "But when CTV started taking over and the Junos started to travel around the country, it got really interesting really quickly… the entire music industry settled into a city for about ten days."

Today the Junos are a bona fide trans Canada music industry extravaganza. Still, many Canadians have a rather blasé opinion of the award show, viewing them as secondary to bigger awards like the Grammys or more underground ones like the Polaris Music Prize.

But, according to Cross, Canadians need to get behind the notion of the Junos as well as the notion of celebrating our musical talent.

"We only seem to expect elite performances in hockey and curling," said Cross. "Well we need to get over that, we need to celebrate our stars and recognize them as stars."

Cross, as a member of Canadian Academy of Recording Arts and Sciences (CARAS), is involved in selecting this year's Juno nominees, which will be announced on Feb. 19. As such he would not speculate as to who could be the big winners at this year's awards, but he did mention who he would like to see perform at the big show.

"I would like to see Metric, I am a really big fan of Metric just because they have really managed to do things on their own terms, so I would like to see them recognized for all their hard work," said Cross of the Canadian indie rockers.

"I would also like to see Japandroids on the national broadcast, that will never happen because they would scare everyone to death, but I would like to see them there," said Cross, of the Vancouver rockers who landed themselves on many a critic's top albums of 2012 list.

Whoever is nominated and whoever performs, Cross seems fairly certain it will reflect positively on the Queen City.

"It is a heck of a thing for a local community, it is just a really good time,"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Hugh Jackman: Nope, not gay

THE WORD
Dorothy Robinson
scene@metronews.ca

Just because he has a deep love of musical theatre, lives in the West Village and has an older wife does not make Hugh Jackman gay. In an in-depth interview with The Hollywood Reporter, the Australian star addresses the gay rumours that constantly swirl around him.

"Just recently, it bugs her," Jackman, 44, said about what his wife of 16 years, Deborra-Lee Furness, 57, reads online."She goes: 'It's big. It's everywhere!'"

His X-Men producer Lauren Shuler Donner went on record with the magazine to talk about their marriage. "I have seen him with Deborra since the beginning of their trip to Hollywood, and I've been on five movie sets with him and have never seen him stray, have never seen him eye anyone," she said. "I met him when he did Oklahoma! (at London's Royal National Theatre in 1999). He was genuine, hugely talented. He was in love with his wife that day and still is."

Pain puts Gaga on hold

Lady Gaga

Lady Gaga has postponed her next four concerts because a joint inflammation condition called synovitis has left her unable to walk, she revealed on Twitter. "I've been hiding a show injury and chronic pain for sometime now. Over the past month it has worsened," the singer tweeted. "I've been praying it would heal. I hid it from my staff, I didn't want to disappoint my amazing fans."

Romance

Safe Haven

Director. Lasse Hallstrom

Stars. Josh Duhamel, Julianne Hough

Josh Duhamel and Julianne Hough are blandly likeable enough but this seventh big-screen adaptation of a Nicholas-Sparks-authored heart flutterer won't find a safe haven from discerning audiences. Simply put, this tale is about a woman seeking sanctuary in a sleepy town who falls for a widower while her psychotic hubby hunts her down. Veteran filmmaker Lasse Hallstrom (Dear John) does his best to mould the melodrama but Safe Haven is still mostly stale and unmistakably safe storytelling. **STEVE GOW**

Romance/Drama

Beautiful Creatures

Director. Richard LaGravenese

Stars. Alice Englert, Alden Ehrenreich

Based on a series of young adult novels, Beautiful Creatures is likely aimed at the same cinematic spendthrift crowd that turned the Twilight franchise into box-office alchemy. Adapting the love story between a longing, teenaged bookworm and his supernatural girlfriend with a curse, Oscar-nominated-filmmaker Richard LaGravenese (The Fisher King) clutters an ultimately simplistic story with complications that are neither all that compulsory nor compelling. **STEVE GOW**

Action

A Good Day To Die Hard

Director. John Moore

Stars. Bruce Willis, Jai Courtney, Sebastian Koch

The original Die Hard is an '80s classic. A near perfect mix of action, humour and Bruce Willis' charisma, it was a claustrophobic thriller set inside an office building. Since then the movies have slowly opened up the action, becoming more generic with every added location. The new film sees Willis in Russia joining forces with his CIA operative son (Jai Courtney). It has a body count that would take a mathematician to calculate, but none of the wit or style of the first film. **RICHARD CROUSE**

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SHOPPERS DRUG MART

London calling: Theophilus and the finer things

The song and pants. Young artist helping to usher in an era where hip hop and High Street go hand in hand

RICHARD PECKETT
life@metronews.ca

"Kids used to want to be rappers, but now they want to be fashion designers, which is cool. It's an education," says Theophilus London. The New-York-based rapper is talking about his legions of fans and network of starry friends, which he refers to as "kids." But in terms of the music industry, London, at 25, is still a youth himself — though a savvy one.

In fact, he's probably had more magazine and newspaper profiles (GQ, Esquire, Elle, The New York Times) and fashion collaborations (Cole Haan, Stüssy and Surface to Air) than he's had musical airtime. And he can name drop with the best of them. Solange Knowles is "like family, like a sister." He casually mentions seeing mood boards out at Kanye West's house. Those are some impressive connections considering that London, who was actually born in Trinidad, has only released one album, an EP and a selection of mix tapes.

Usually the lucrative endorsement spoils are rewarded after years of toil, making records or movies. However, London has managed to capitalize off of his personal style and cool credibility first.

"Rappers used to be wearing Air Jordans. I still wear them. But now, the progressive kids are more educated and wanting Givenchy, Rick Owens or Alexander Wang. And Kanye's clothes — they're dope," he says.

While London is answering my interview questions from the set of a Chevrolet commercial, he swears he approaches it all with a strategy and awareness that extends beyond the next commercial paycheque. "I'd never do anything with McDonald's, for example. They're not moral," he says. "I have my own agenda." For now, that includes a new album coming out this summer and planned collaborations with Azealia Banks and Frank Ocean. "I never do things just for the money. I have to believe in it."

Hipster hop

"Rappers used to be wearing Air Jordans. I still wear them. But now, the progressive kids are more educated and wanting Givenchy, Rick Owens or Alexander Wang."

Theophilus London

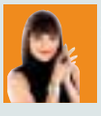
Independently inspired

A studied approach to style

"The black suit and hat that I'm wearing on the cover of my first album, Timez Are Weird These Days, was inspired by Leon Ware (the writer behind Marvin Gaye's I Want You record). I got a lot of work off of the back of that. I know how to dress. I have a look and I don't need a stylist to tell me what to wear," London said.

Trinidadian-born American rapper Theophilus London now calls Brooklyn his home. HANDOUT

Twitter



JEANNE SPACE
Jeanne Beker
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IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE.

@Jeanne_Beker: Modern edgy elegance @NarcisoStudio Narciso Rodriguez cuts so masterfully!

@Jeanne_Beker: With American fashion genius @MrRalphRucci who just walked me through his stellar fall collection...

@Jeanne_Beker: Elegant gowns sweep the runway at Oscar... A at Semaine Mode Montreal...

The Kit

Canadian street style

Spotted in: Ottawa

Nicole, Student
Age: 25

What she's wearing
Vintage hat, sunglasses from a market in South Korea, Costa Blanca jacket, vintage fur muff (worn as shawl), Coach bag, Guess jeans, The Bay boots.

Her inspiration
"I am inspired by creative individuals I see in everyday life. I love how different people can put together unique looks. I really love people-watching and get a lot of my style inspiration from that."

THE KIT PHOTOBLOGGER: KATARINA KURUC, LOVEK.ORG

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Sharing the love on Valentine's Day!

We asked our Metropolitan Panel what their plans are this Valentine's Day and who they'll be sharing their special day with.

60% Love it
8% Hate it
32% Dont care
How do you feel about Valentine's Day?
27% You bet
0% Heck no
73% We'll see how it goes
Will you be doing anything special this Valentine's Day?
8% I confess! I have!
75% Most certainly not!
17% Depends what you mean by celebrate
Have you ever celebrated Valentine's Day with more than one significant other?

Whatever your plans are today we hope you'll be sharing it with someone special.

Care to share your opinion? Join our Metropolitan Panel at **www.metropolitanpanel.ca**

Metropolitan Panel

metro News worth sharing.

Even you can have a stylish kitchen

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

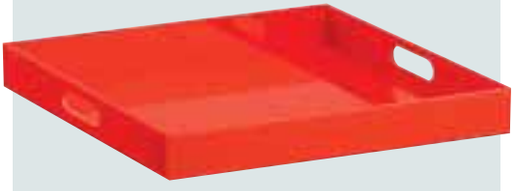
Trendy. Useful stylist tricks to make your kitchen look fabulous

With so many kitchens being designed smaller in size and open concept to fit our living spaces, it's important that they function well but look good at all times.

From someone who staged, propped and styled rooms for magazines and television shows for many years, here's a few stylist tricks to make your kitchen — no matter how large, small, high-end or low-end — look great at all times.

No faux pas

Mix artificial plants with real herbs/flowers. Every kitchen, no matter what size, needs a lush look. Adding real herbs and small plants with faux will extend the lush look long after the herbs have been used up and the next shopping day is near.



Tray it

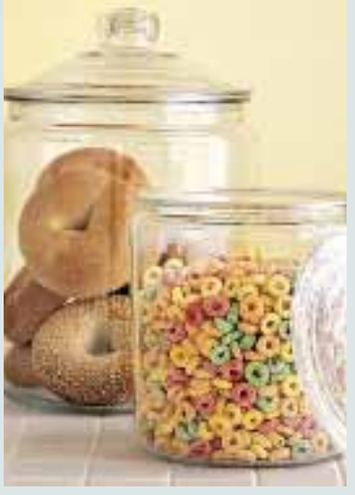
Keep everyday items clustered on a tray. A tray filled with your morning French press, artificial sweeteners, bean grinder and your favourite mug will not only keep the counter looking tidy but keep you organized in the morning. Another tray with olive oils, dried herbs, vinegars, salt and pepper keeps the stove side organized for action.

Small scale

Look for space-saving countertop appliances in a small kitchen. Small and efficient appliances will save space and still offer up all the conveniences of a large kitchen.

Stand tall

Stand up trays, cutting boards and platters to hide unattractive backsplash. Choose fun shapes and trend-setting colours to help bring a boring kitchen to life. They even work standing up in the back of an open shelf or inside a glass-fronted cabinet. Got a really ugly backsplash? Try leaning a long dressing mirror horizontally across the back of the counter.



Repackage

Put packaged necessities in attractive display containers. Your favourite pasta, granola and espresso beans can be stored in decorative containers and displayed on the counter or behind glass doors.

Hint:
When displaying storage containers like baskets, jars or boxes, rely on the repeat method to help simplify the overall look. Using three to five of the same containers will allow a kitchen to look less eclectic.

A healthy dose of sweetness for your funny valentine

ROSE REISMAN
for more, visit
rosereisman.com

With all of the sweet and sticky candy and chocolate you may consume on V-Day, why not try something a bit lighter?

These brownies, which I created for the Mövenpick restaurant chain in Toronto, are only 140 calories and seven grams of fat per serving.

The cocoa, oil and yogurt that replace traditional butter and chocolate are the way to keep the calorie and fat count low.

If that's not enough to convince you to whip these up, consider that Mövenpick sells 1,500 of these brownies per month.

They're also now featured in my catering company and still rank as the number one dessert.

1. Preheat the oven to 350 F. Spray an 8-inch-square pan with cooking oil.

2. For the brownies, combine the sugar, oil, egg and vanilla in a bowl and mix well. Add the cocoa, mixing it in well. Add the flour, baking powder, yogurt and chocolate chips, mixing just until combined and smooth. Don't over mix.

3. Pour the batter into the prepared pan. Bake in the center of the oven for 15 to 20 minutes, just until set. Do not overbake. Cool on a rack for 15 minutes before icing.

4. To make the icing, place all the icing ingredients, except for the sugar, in a blender or food processor and process until smooth. Spread over the top of the brownies.

5. Cut into squares and garnish with a dusting of icing sugar, or drizzle melted dark and white chocolate overtop.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

Prep time: 10 minutes
Bake time: 20 minutes

Brownies
- 2/3 cup granulated sugar
- 1/4 cup vegetable oil
- 1 egg
- 1 tsp pure vanilla extract
- 1/3 cup unsweetened cocoa powder
- 1/3 cup all-purpose flour
- 1 tsp baking powder
- 1/4 cup low-fat yogurt or sour cream
- 1/4 cup semi-sweet chocolate chips

Icing
- 1/3 cup light cream cheese
- 2/3 cup icing sugar
- 1 1/2 tsp unsweetened cocoa powder
- 1 1/2 tsp water
- dusting of icing sugar

Triple Chocolate Brownies

This recipe serves 12. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

For your phone

Sara Jenkin's New Italian Pantry (iPad; $3.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Be spontaneous, be inspired. With 16 key ingredients, Sara Jenkins will show you how to cook a variety of dishes on impulse. Imagine porchetta-style tuna, pan-roasted potatoes, or Spaghetti Cacio e Pepe.

Dessert. Chocolate Bark

1. Line rimmed baking sheet with waxed paper. Have all your bark toppings ready before melting chocolate. If your chocolate is in bars or large, thick pieces, use knife to carefully chop into small bits. Transfer chocolate to large glass measuring cup or bowl, then heat in microwave on medium, stopping to stir every 20 to 30 seconds, until melted.

2. Pour the chocolate onto the prepared pan, then tap the pan on the counter to level the melted chocolate. Immediately sprinkle your choice of toppings over the surface of the chocolate. Allow to cool completely and set up, then break into pieces. **THE ASSOCIATED PRESS**

Ingredients

1 lb dark, milk or white chocolate

Topping Suggestions:
- Large-flake coconut, toasted sliced almonds, cocoa nibs
- Chopped dried cherries, shelled pistachios, chopped chocolate wafer cookies, large flake sea salt
- Crushed toffee pieces, toasted pumpkin seeds, chopped dried apricots
- Chopped candied ginger, chopped macadamia nuts, toasted coconut
- Broken salted pretzel sticks, cut up mini marshmallows, caramel popcorn

Chocolate cake indulgence

1. Coat eight 1/3- or 1/4-cup ramekins with cooking spray. Sprinkle about 1 teaspoon of sugar into each, swirling it around to coat the bottom and sides, then dumping out any excess.

2. Finely chop 2 1/2 ounces of the chocolate. Cut the remaining 2 ounces into 16 pieces, roughly the same size, then set those aside.

3. Bring a small saucepan of water to a bare simmer. Set a medium stainless steel bowl over it and add the 2 1/2 ounces of finely chopped chocolate to that. Heat, stirring occasionally, until the chocolate is melted.

4. While the chocolate is melting, in another medium bowl use an electric mixer to beat the egg yolks with 1 tablespoon of the sugar until they are thick and lemon coloured, about 4 minutes. Set the bowl aside and clean the beaters well.

5. In a third medium bowl, use the electric mixer to beat the egg whites until they form soft peaks. Add the remaining 3 tablespoons of granulated sugar, a little at a time, and continue beating until the whites hold stiff peaks. Set aside.

6. Remove the melted chocolate from the heat. Add the yogurt and stir well. Add the egg yolk mixture and stir well. Add one third of the egg whites to the chocolate mixture, stirring well, then gently fold in the remaining egg whites until they are just combined with the chocolate mixture. Divide the batter among the prepared ramekins. Cover and chill for 1 hour.

7. While the cakes are chilling, heat the oven to 325 F and prepare the sauce.

8. In a blender, puree the raspberries with the sugar. Pour the mixture through a mesh strainer, using a silicone spatula to press the pulp. Discard the pulp and seeds. Thin the sauce with water or with the reserved raspberry liquid (if using frozen berries) until the sauce has a nice pouring consistency.

9. Remove the ramekins from the fridge, tuck 2 pieces of the cut chocolate into the centre of each and bake in the middle of the oven for 15 to 18 minutes, or until just springy when touched. Let cool for 5 minutes, then unmould or serve in the ramekins. Serve drizzled with the raspberry sauce.

THE ASSOCIATED PRESS

Ingredients

For the chocolate cakes
- 1/4 cup sugar, plus 8 tsp for coating the ramekins
- 4 1/2 oz bittersweet chocolate
- 2 large eggs, whites and yolks separated and brought to room temperature
- 1/3 cup plain nonfat Greek yogurt

For the sauce
- 1 1/2 cups raspberries
- 1 1/2 tbsp sugar

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Jarmo Kekalainen attends a news conference in Helsinki, Finland, on Wednesday announcing him as the Columbus Blue Jackets' new general manager.

KIMMO MANTYLA/LEHTIKUVA/THE ASSOCIATED PRESS

Blue Jackets reach across pond for GM

NHL. Kekalainen becomes first European to hold job in the league

The Columbus Blue Jackets hurried to make history.

Just more than 24 hours after firing Scott Howson, they announced the hiring of Jarmo Kekalainen of Finland as the first European to be a general manager in the National Hockey League.

Kekalainen, director of amateur scouting with the St. Louis Blues 2002-10, held a news conference Wednesday in his native Finland at the same time the Blue Jackets held theirs in Ohio.

"One of my dreams since I hung up my skates has been to be a GM of an NHL team sometime. Now that dream has come true," Kekalainen said in Helsinki at the home arena of the Jokerit club, where he's been GM since 2010. "I'm really happy and pleased, even proud, that I've been give this chance."

The 46-year-old, who played sparingly in the NHL, worked closely with Columbus director of hockey operations John Davidson with the Blues. When the Blues hired Doug Armstrong as general manager in 2010 instead of Kekalainen, Kekalainen returned to Finland to take over as GM of Jokerit in Finland's top league.

"Jarmo and I have a relationship that goes back a number of years, most recently with the St. Louis Blues organization, where he was an assistant general manager and in charge of the amateur draft," Davidson said. "I look at Jarmo as a person who has a world of experience. Thirty per cent of the players in our league are European. He's very intelligent about the world of hockey, not only in Europe but also in North America."

Kekalainen's current team is in first place. So badly did Kekalainen want to return to the NHL as a GM that he had an unwritten agreement with the club's owner that he could be let out of his contract if a GM job developed in the NHL. He is expected to arrive in Columbus as soon as travel and visa issues are resolved.

Kekalainen played 55 games in the NHL as a left-winger over six seasons with the Ottawa Senators and Boston Bruins.

THE ASSOCIATED PRESS

Where they stand

The Blue Jackets are 4-7-2 in this lockout-shortened season and leave Wednesday to begin a six-game Western swing that starts in Los Angeles on Friday night.

CFL

Dyce stays on as Riders special teams co-ordinator

Bob Dyce is remaining with the Saskatchewan Roughriders.

The CFL team appointed Dyce as its special teams co-ordinator Wednesday. Dyce joined the Riders in 2010 and spent two seasons as their pass game co-ordinator before serving as offensive co-ordinator last year.

The Riders also added Doug Malone as offensive line coach and hired Todd Howard as its defensive line coach.

THE CANADIAN PRESS

CFL

Argos extend offers to key Grey Cup contributors

They were the Grey Cup MVPs and the game's top Canadians but the clock is ticking on whether running back Chad Kackert and defensive end Ricky Foley will re-sign with the Toronto Argonauts or test the CFL free-agent waters.

Argos general manager Jim Barker wants both players to help Toronto defend its crown and has made offers to them. But he says the ball is in their court now with the CFL's free-agent deadline of noon ET on Friday looming.

Kackert, 26, finished the regular season rushing for 638 yards on 100 carries while scoring five TDs. He also added 23 catches for 212 yards.

The 30-year-old Foley was named the top Canadian in Toronto's Grey Cup victory after registering four tackles and a sack against Calgary.

THE CANADIAN PRESS

Olympics. Wrestling leader to argue for sport with IOC president Rogge

Facing a wave of criticism from around the world, IOC president Jacques Rogge will meet with the head of wrestling's governing body to discuss ways the sport can fight to save its place in the Olympics.

The IOC executive board dropped wrestling from the program of the 2020 Games on Tuesday, a decision that brought a sharp backlash from wrestling organizations and national Olympic bodies around the world — including Canada, the United States, Russia and Iran.

The move must still be ratified by the full International Olympic Committee in September, giving wrestling time to try to overturn the decision.

Wrestling remains on the program for the 2016 Olympics in Rio de Janeiro.

THE ASSOCIATED PRESS

Storied history

1896

Wrestling dates back to the ancient Olympics and has been featured since the inaugural modern games in 1896.

Family of fans

Man ordered to cough up Jets season tickets

How scarce are Winnipeg Jets tickets?

Scarce enough that a family went to court when a deal to split season tickets crumbled.

Queen's Bench Justice Morris Kaufman ruled Wednesday in favour of Darlene Gibb, the woman who said her brother-in-law reneged on their plan and refused to turn over the tickets as promised.

Kaufman said some of John Longstaff's statements didn't make sense.

THE CANADIAN PRESS

Curling. Ontario skip to enjoy home ice at Scotties

Ontario skip Rachel Homan showed in her first appearance at the Scotties Tournament of Hearts that she could hang with the top rinks from around the country.

She's set to make a return appearance at the Canadian women's curling championship, which kicks off Saturday in Kingston, Ont., and hopes to make more than just a playoff appearance this time around.

"We've been there before and we made it all the way to the semis our first time," Homan said of her 2011 showing. "I think this time our team has grown a bit, has got more experience and we expect to be right there hopefully battling in the final if we can."

Rachel Homan

THE CANADIAN PRESS

At 23, the Ottawa skip will have a supportive Ontario crowd on her side when play begins in Kingston. There are several experienced skips in the 12-rink competition, including defending champ Heather Nedohin of Alberta, B.C.'s Kelly Scott and Manitoba's Jennifer Jones. Jill Shumay will represent Saskatchewan.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
It doesn't matter what you do today so long as you do something. If you sit still for more than a minute this morning, you may not get up again until the evening — and only to go back to bed.

♉ Taurus
April 21 - May 21
There is no point trying to judge people by your own standards. They will never match up. The best you can hope for, today and any other day, is that they learn from your good example. So go on, be one.

♊ Gemini
May 22 - June 21
The more others try to get you to change, the more you should stick with what you know and trust. No doubt they will come up with all sorts of reasons why you should take a risk, but don't do it.

♋ Cancer
June 22 - July 23
What sounds like bad news is nothing of the sort. Chances are you are looking at it from completely the wrong angle. Facts are facts, of course, but even facts can sometimes be open to interpretation.

♌ Leo
July 24 - Aug. 23
You are not the sort to give up just because you failed at something once. Yes, you may be annoyed that you did not do a project justice, but there is still plenty of time to do it again and do it right.

♍ Virgo
Aug. 24 - Sept. 23
There is something you have to do today and even though it may be a total bore you know that until you see it through to completion partners and colleagues won't give you a moment's peace. Get started on it now.

♎ Libra
Sept. 24 - Oct. 23
You may hear a few whispers or rumours today, most likely about someone you like. You are advised to ignore them. Most likely, it is just nasty he said, she said. Even if it is true, it's still nothing to do with you.

♏ Scorpio
Oct. 24 - Nov. 22
Don't cut any corners today because someone important is watching and they will make a big deal of it. It may be that you have to do a lot of work for very little profit, but sometimes that's just how it is.

♐ Sagittarius
Nov. 23 - Dec. 21
You don't have to put up with people who waste your precious time on trivial things. Tell them where to go today, and say it in a way that makes it clear you mean it.

♑ Capricorn
Dec. 22 - Jan. 20
You may be eager to make changes but you won't be able to push partners faster than they want to go today. Which begs the question: Have you signed up with the wrong partners? Give it some thought.

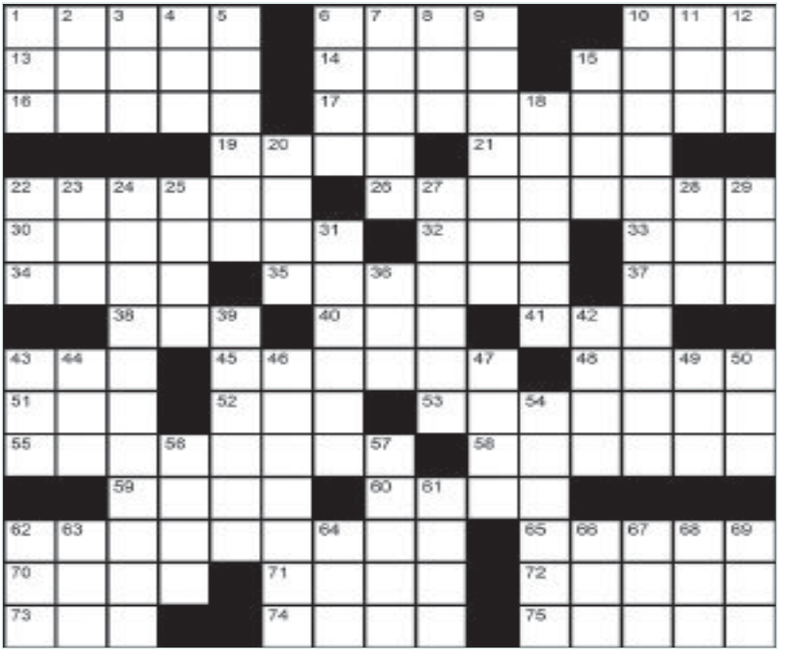
♒ Aquarius
Jan. 21 - Feb. 19
No matter how hard you try to persuade a friend or work colleague to see things your way, it just isn't going to happen, so give up. It's true, you know, some people are almost as stubborn as you!

♓ Pisces
Feb. 20 - March 20
Other people may be selfish and put their own interests first but not you. With Mars, Mercury and Neptune all moving through your sign, you know it pays to be generous. The more you give now, the more you'll get later.

SALLY BROMPTON

Crossword: Canada Across and Down

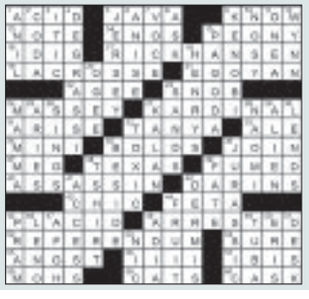
BY KELLY ANN BUCHANAN



Across
1. Valentine's Day icon
6. "Rich Bride __ Bride" on Slice
10. Sisqo's group, __ Hill
13. Popeye's beloved
14. Sparkling wine city of Italy
15. Italian car manufacturer
16. Actress Kathy
17. Valentine's gift
19. Speck
21. Khloe Kardashian's husband, Lamar __
22. James Blunt album: 'Back to __'
26. Rocky sun-orbiter
30. Versus
32. Extra sports periods, for short
33. Perfume by Cacharel
34. Explosive star
35. Eucalyptus eaters
37. Horse coat hue
38. Bug
40. Deli bread
41. Nav. rank
43. Misfire
45. "That's being taken care of by me, boss!": 3 wds.
48. Isn't, wrong-style
51.Cute bark
52. 'Alma' add-on (Facts reference book)
53. Taylor of 'Twilight' flicks
55. __ Gold Rush
58. Canadian auto service company
59. Shaker stuff
60. Gardening tool
62. Emily Bronte's __ Heights
65. Himalayas land
70. Chemical suffixes
71. 'Susp' add-on
72. Curtain
73. Val-_'__, Quebec
74. Investigators, for short
75. "When Harry Met __..." (1989)

Down
1. Corn on the __
2. Suffix with 'Form'
3. Peach part
4. 'Excess' suffix
5. Canadian singer Shawn
6. Agreement
7. "Romeo and Juliet" (1968) actor Milo
8. Prefix that means 'Ear'
9. Cheese in lasagna
10. Blue Rodeo hit that goes "...our love shines like a...": 2 wds.
11. Alleyway animal
12. Sport-__ (Versatile vehicle)
15. Flower: Spanish
18. Ukraine port city
20. City of Russia
22. Ray-__ (Sunglasses maker)
23. Kind of boost
24. Grammy-winning record producer born in Victoria: 2 wds.
25. 1997 Jim Carrey comedy, when doubled
27. Cirque du __
28. Indebted one's letters
29. Mr. Aykroyd
31. "For Those About __ __ (We Salute You)" by AC/DC
36. Novelist Ms. Rand
39. Amazon e-book reader
42. Court
43. Fargo, North __.
44. www address
46. __ _' (Restaurant occupation)
47. Chore
49. "Waking __ Devine" (1998)
50. Otis Redding song: "__ a Little Tenderness"
54. Overturns
56. Nopes
57. Surrealist artist Max
61. 'Band' suffix (Medical supplies)
62. Tie the knot
63. Numero __
64. 'Benedict' suffix
66. Baseball pitcher's stat.
67. Chum
68. Fergie's bandmate, __.de.ap
69. Grassy field

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

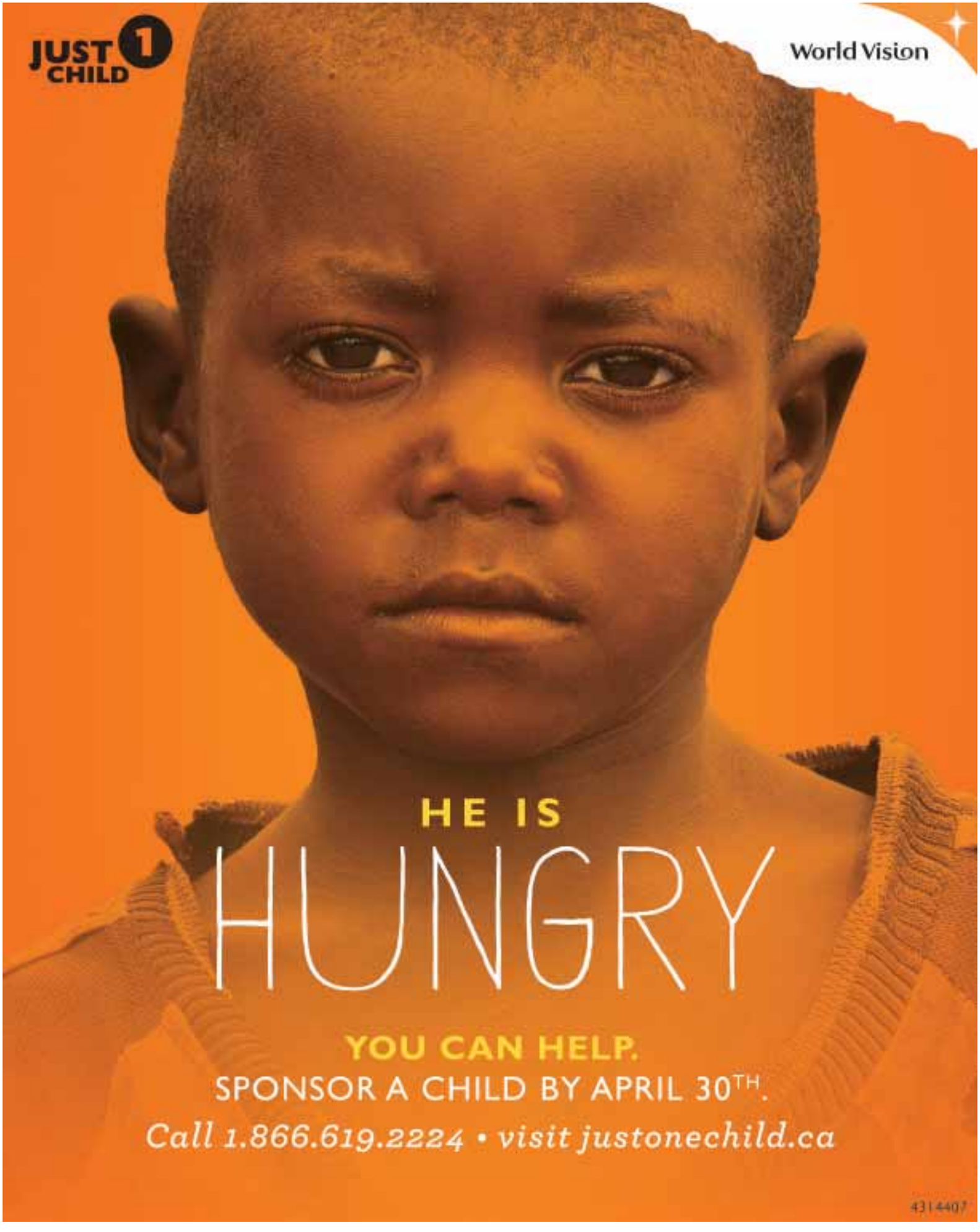
		9	8	4		2		6
1		7	3					9
	6							
3		1			8			
		8				6		
			2			4		1
							9	
2					5	1		8
8		5		1	7	3		

Yesterday's Sudoku

6	2	9	7	8	1	5	4	3
5	1	3	6	4	9	2	8	7
8	7	4	2	3	5	9	1	6
1	9	7	3	2	8	4	6	5
4	5	2	9	7	6	8	3	1
3	8	6	1	5	4	7	2	9
2	6	1	4	9	7	3	5	8
7	3	5	8	1	2	6	9	4
9	4	8	5	6	3	1	7	2

Sharability

easy hard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